HERBAL RECIPES AND INGREDIENTS

Dr Sebi's Lymphalin Ingredients

***Red Clove flower** - alterative*

***Lymphalin** – Description*

Removes masses of calcification throughout the body. Lymphalin is rich in natural mineral gold which is essential to the body and aids in the break-up of calcification.

Main Ingredients:

Hortensia (Hydrangea spp.)

Pushiana (Rhamnus purshiana)

Red Clover (Trifolium pratense)

Mulato (Bursera simaruba)

Dose: 3 Capsules in the A.M. and P.M.

How these ingredients work for your body

***– Hortensia (Hydrangea)** – remedy for phosphaturia, cystitis, alkaline urine, stony deposits, deposits of oxalate of calcium (which form many calculi), chronic gleet, mucus irritation of the bladder in old people, back-aches caused by kidney trouble and rheumatism of long standing, arthritis and gouty affections, arteriosclerosis*

***– Pushiana (Cascara sagrada)** – remedy for habitual constipation, torpor of low bowel, congestion of liver and gall duct, to assist liver function in cirrhosis, bad*

breath

– Red Clover – remedy for wasting diseases (particularly rickets), spasmodic affections, whooping cough

READ Herbs, Parts Used, Properties & Uses

– Mulato (Palo Mulato) – used as an antiseptic diuretic; for calculus, diarrhea, nephritis sore, colds, blood cleansing, fevers, flu, insect bites, measles, rashes, skin sores, sunstroke, sunburn, urinary tract infections

Dr Sebi Green Food Plus Ingredients & How To Make Green Food Plus

Green Food Plus

Multi-mineral formula made with herbs from Africa, offering chlorophyll rich food for the entire body. It promotes good health and nourishment, addresses the heart, brain, central nervous system and the blood. Designed to minimise appetite.

Main Ingredients

Linden

Stinging Nettles

Nopal

Bladderwrack

*Lily of the Valley** (was later listed as an ingredient but not originally)*

Dosage: 4 capsules daily

Medicinal Action and Uses

Linden Tilia spp.: Nervine, stimulant, tonic. Used as a common domestic remedy for nervous and catarrhal disorders following colds; also used for restlessness, indigestion and hysteria.

Bladderwrack (Fucus vesiculosus): ***Demulcent, alterative, anti-scorbutic, anti-syphilitic, antiseptic, anti-arthritic, glandular stimulant, nervine, laxative, anti-dyscratic, anti-catchetic, anti-putrifactive, anti-rheumatic, anti-toxic, nutrient, and vulnerary.***

Stinging Nettle (Urtica dioica): ***Astringent, fibrin solvent, anti-febrile, stimulant, anti-catarrhal, antiseptic, anti-asthmatic, tonic, diuretic. Uses include pleurisy (a specific), phthisis, pulmonary and bronchial catarrh, renal catarrh, cystitis, stomach and liver affections, mucus colitis and skin diseases (urticaria, eczema, psoriasis, pityriasis).***

Nopal (Opuntia ficus indica): ***In traditional medicine, nopal has been used for the treatment of burns, wounds, edema, hyperlipidemia, obesity and catarrhal gastritis. Alcoholic extracts are indicated for anti-inflammatory, hypoglycemic, and anti-viral purposes.***

READ Iron Phosphate - Benefits and Sources

Lily of the Valley (Convallaria majalis): ***A most valuable cardiac tonic, acting like digitalis (but without its cumulative effect), slows the action of the heart and increases the tone of its contraction; powerfully diuretic, and one of our best remedies for dropsy with a faulty heart. It is anti-scorbutic, antiseptic, anti-syphilitic, resolvent, discutient, a laxative solvent of corns, hard growths, etc.***

How To Make Green Food Plus (Capsule)

1 part Linden Flower, grounded

1 part Stinging Nettle Leaves, grounded

1 part Bladderwrack, grounded

1 part Nopal Cactus Pad, grounded

sifting set

Sieve can be used to mix herbs

Direction For Making The Capsules

(1). Sift the powdered Herbs thoroughly several times until it is thoroughly blended, then fill into size "00" capsules.

Dose: 2 capsules 2 times a day, before meals, with a glass of water.

(2). Take 1/2 teaspoonful of the powdered Herbs mixed in a half glass of water, 2 times a day.

(3). Take 1/2 teaspoonful of the powdered Herbs in a little honey or agave, and drink a glass of water after it, 2 times a day.

*** At one point Lily of the Valley was added to the list of herbs in the Green Food Plus. If you use Lily of the Valley, use 1/4 part Lily of the Valley, grounded*

Reference(s)

Molecules 2014, 19, 14879-14901; doi:10.3390/molecules190914879. Nopal Cactus (Opuntia ficus-indica) as a Source of Bioactive Compounds for Nutrition, Health and Disease Advanced Course in Herbology By Dr. Edward Shook

Elementary Treatise in Herbology By Dr. Edward E. Shook

READ Stinging Nettle Beverage for Iron Deficiency Anaemia

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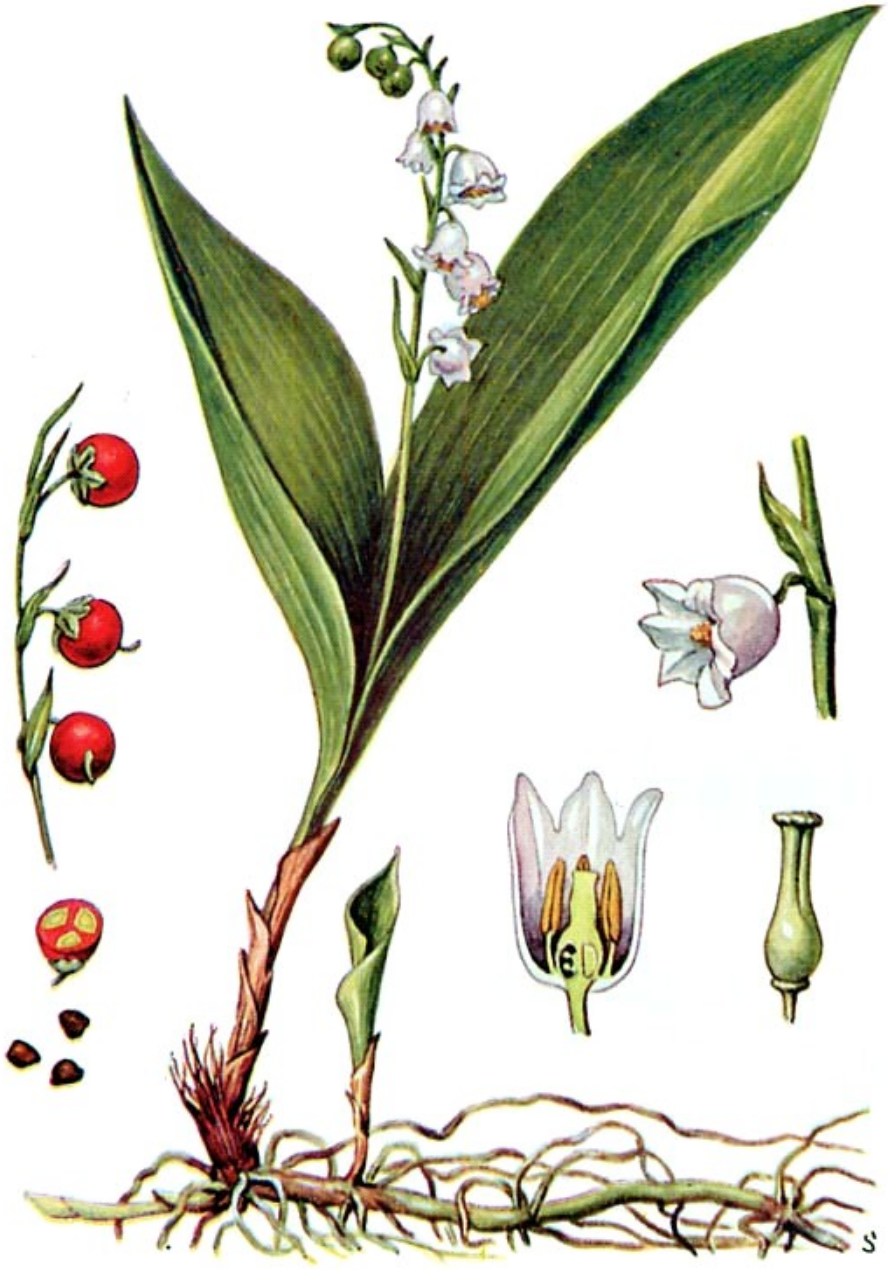


PLATE XXVII.—*Convallaria majalis* (Lily of the Valley). (From Jackson: *Experimental Pharmacology and Materia Medica.*)

The Lily of The Valley

Scientific Name: ***Convallaria majalis L.***

Other Names: ***May Lily, May Bells, Convallaria, Our Lady's Tears, Convall-Lily, Lily Constancy, Jacob's Ladder, Ladder-to-Heaven, Muguet***

What it is called in other languages: German: Lilienkonvallen. French: Muguet. Spanish: Lirio de Los Valles. Italian: Mughetto.

Habitat: ***The plant is native to Europe and has been introduced into the U.S. and northern Asia.***

Flowering: Lily of the Valley flowers from May to June.

Description

Flower and Fruit: ***The flowers are in racemes nodding to one side, usually with a triangular penduncle. The tips are hemispheric, campanulate. 6-petalled with ovoid revolute tips. The perigone is white or pink. The stamens are attached to the base of the perigone. The fruit is a bright red, globular berry with 2 blue seeds. The plant is autosterile. (PDR, p.475)***

Leaves, Stem and Root: The 15 to 20 cm high plant has 2 to 3 leaves at the tip of the runner-like, branched rhizome. The leaves are elliptoid and acute. They taper to a long, sharp petiole at the base, which is clasped by a membranous sheath. (PDR, p.475)

Constituents

Cardio-active glycosides, ***flavonoid glycosides: Cardioactive steroid glycosides (cardenolides): varying according to geographical source, chief glycoside convallatoxin (western and northwestern Europe), convalloside (northern and eastern Europe), or convallatoxin + convalla toxol (central Europe) (PDR, p.475)***

Convallaria majalis (Lily of the Valley)

Medicinal Parts

The medicinal parts are the dried flower tips and the dried inflorescence, the Lily-of-the-Valley herb, the dried root rhizome with the roots, the flowering aerial parts and the whole, fresh, flowering plant. (PDR for Herbal Medicines,

p.475)

Action

Lily of the Valley increases force of the heart, regularises the beat for distension of the ventricles. Restores an irritable heart. Increases size and strength of the pulse; slows down a rapid feeble pulse; restores regular deep breathing. Is a secondary diuretic which eliminates fluid retained in the tissues (oedema), leaving no depression or depletion of potassium. Cardiac stimulant. Mild gastric tonic. (Bartram)

For valvular heart disease, mitral stenosis, lack of cardiac muscular tone, and general debility of heart action; apoplexy (dissolves the blood clot); dropsy (drives out the water); poisoned wounds, ulcers, cancers (softens hard cancers); purulent ophthalmia, inflammatory skin disease and loss of memory. (Dr. Shook p.340)

Similar action on the heart as digitalis. (Martindale 27th edn., p.489)

Dr. Edward Shooks wrote in his Advanced Treatise in Herbalism:

"When we consider that it contains POTASSIUM CHLORIDE, the great solvent of fibrinous and catarrhal matter; CALCIUM CHLORIDE, the great heart remedy; IRON CHLORIDE, which has cleared up all kinds of growths, varicose ulcers and veins, tumors, lupoid ulcers, cancers, ulcerated gums, gangrene, and has effectually stopped alarming hemorrhage, etc; POTASSIUM SULPHATE, the carrier of oxygen and sulphur to the skin and epithelial cells, renewing their vitality; SODIUM SULPHATE, which carries excess water out of the blood and tissues; and CHLOROPHYLL, the great stabilizer and healer."

Use

Keynote: Heart.

READ Medicinal Plants of Southern Ecuador

The Lily of the Valley is used for left ventricular failure, mitral insufficiency, sense

that "the chest is held in a vice". Congestive heart failure, endocarditis, cardiac dropsy with swollen ankles, cardiac asthma, renal hypertension. Effective in painful and silent ischaemic episodes and bradycardia.

Lily of the Valley is considered most effective with regards to cardiac paresis, palpitation, arhythmia, mitral constriction and insufficiency, dilatations, and cardiac dropsy (Blair, © 1907).

Ellingwood wrote of the uses of this herb (Ellingwood, p.150):

"In palpitation resulting from a state of exhaustion of the pneumogastric nerves —cardiac paresis, the most frequent source of palpitations.

In simple cardiac arrhythmia, with or without hypertrophy of the heart, with or without lesions of the orifices or valves of the heart.

In mitral constriction, especially when it is accompanied by failure of compensation on the part of the left auricle and right ventricle, the

contractile force augments visibly under the convallaria, as the sphygmograph testifies.

In mitral insufficiency, especially where there are pulmonary congestions, and when, as a consequence, there is dyspnea, with or without nervous trouble of the respiration.

In dilatation of the left ventricle, without compensatory hypertrophy, it restores energy of the heart, which tends to become more and more feeble and dilated. In dilatations of the heart, with or without fatty degeneration, with or without sclerosis of muscular tissue, the

indications for convallaria majalis are clear.

In all cardiac affections indifferently, from the moment that watery infiltrations appear, convallaria has an action evident, prompt and

certain."

Lily of the Valley is also approved by Europe's Commission E for the following

conditions:

- *Arrhythmia*
- *Cardiac insufficiency NYHA I and II*
- *Nervous heart complaints*

Dr. Sebi on the Lily of the Valley

In this video Dr. Sebi spoke of using the Lily of the Valley for a patient suffering from congestive heart failure, he also mentioned the value of the herb in addressing breast cancer.

Other Herbalists On the Use of the Lily of the Valley

Dr. Christopher considers the Lily of the Valley an effective remedy for blood poisoning (Herballegacy .com):

"When we have a case of blood poisoning in a specific area of the body resulting from the sting of an insect, bee, hornet, or black widow spider, the bite of a "mad" dog, or infection from a cut or sliver, we need a powerful blood purifier that will give immediate relief to that area. Plantain (Plantago Major), Lily of the Valley leaves (Convallaria Majalis), and the common Lilac leaves have this power of purifying the blood stream in such an isolated area."

He also considered it an effective remedy for dropsy with heart involvement.

Of the lily of the valley Culpepper wrote (Culpeper, pg.214) :

"The distilled water dropped into the eyes help with inflammation there. The spirit of the flowers distilled in wine, restores speech, helps the palsy, and is good in the apoplexy, and comforts the heart and vital spirits. It is also of service in disorders of the head and nerves, such as epilepsy, vertigo, and convulsions of all kind; swimming in the head; and are made use of in errhines and cephalic snuff."

Preparation of the Lily of the Valley

An infusion of the whole plant is an active and satisfactory preparation. The root is more commonly employed, and should, preferably, be worked in a recent state. The solid extract is usually unsatisfactory (Blair, © 1907).

Combines well with Motherwort and Selenicereus grandiflorus for heart disease BHP (1983). With Echinacea and Poke root for endocarditis. Never combine with Gotu Kola. (Dr. John Heinerman, Texas, USA)

Dose

Maximum dose: 150mg dried leaf. Thrice daily. (Bartram)

Tea: 1 teaspoon shredded leaves to each cup water gently simmered 10 minutes. One-third of a cup.(Bartram)

Liquid Extract BPC 1934: dose: 0.3-0.6ml (5 to 10 drops).

Tincture BHP (1983): 1:5 in 40 per cent alcohol; dose – 0.5 to 1ml (8 to 15 drops). (Bartram)

Juice. Fresh leaves passed through a juicer. 3-5 drops thrice daily. (Bartram)

Storage: The preparations should be stored in well-sealed containers and protected from light.

Contraindications

Contra-indicated in high blood pressure.

Precautions and Adverse Reactions

General: Health risks following the proper administration of designated therapeutic dosages are not recorded. Nausea, vomiting, headache, stupor, disorders of color perception and cardiac arrhythmias can occur as side effects, particularly with an overdosage.

Drug Interactions: The simultaneous administration of quinidine, digoxin, calcium salts, saluretics, laxatives and glucocorticoids enhances effects and side

effects.

Reference(s)

Bartram's Encyclopedia of Herbal Medicine, by Thomas Bartram

A Practitioner's Handbook Of Materia Medica And Therapeutics, Based Upon Established Physiological Actions And The Indications In Small Doses.

To Which Is Added Some Pharmaceutical Data And The Most Important Therapeutic Developments Of Sectarian Medicine As Explained Along Rational Lines. By Thos. S. Blair, M. D. (Copyright, 1907. By J. J. Taylor)

Herbal Legacy

Culpeper's Complete Herbal by Nicholas Culpeper

Advanced Course in Herbology Dr. Edward Shook Copyright 1974 by George Cervilla

American Materia Medica, Therapeutics and Pharmacognosy (1919), by Finley Ellingwood, M.D.

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Lily of the Valley (L.O.V)

Product description

Addresses the heart and central nervous system.

Main Ingredient(s)

– Lily of the Valley (Convallaria majalis)

How does Lily of the Valley helps the heart and nervous system

Lily of the Valley is a cardiac stimulant and mild gastric tonic. It increases the force of the heart, regularises the beat for distension of the ventricles, restores irritable heart, increases size and strength of the pulse; slows down a rapid pulse; restores regular deep breathing. It is a diuretic which eliminates fluid retained in the tissues (oedema), but does not deplete potassium. It is traditionally used for congestive heart failure, left ventricular failure, mitral insufficiency, endocarditis, cardiac dropsy with swollen ankles, cardiac asthma, and renal hypertension. It is also a source of potassium phosphate which feeds the nerves.

Form: Powder

Directions: ***Pour 1 cup of boiling water to 1/8 tsp of powder, let cool and drink.***

READ Dr Sebi's Iron Plus - How To Make Your Own

Reference(s)

Bartram’s Encyclopedia of Herbal Medicine (1995), Thomas Bartram



Hawthorn Berries For The Heart (Congestive Heart Failure and More)

hawthorn berries for the heart

Hawthorn berries** act on the **heart muscles** in such a manner as to contract and strengthen them. Hawthorn is considered **a remarkable cardiac tonic. It directly affects the cells of the heart muscle, enhancing both activity and nutrition.2

CRATAEGUS (Hawthorn)3

BERRIES, FLOWERING BRANCHES. Tincture [Fresh Plant, 1:2, Dry Berries, 1:5, 60% alcohol] 10-30 drops, to 3X a day.

COLD INFUSION: (Berries) 1-2 ounces, to 2X a day.

TEA: Leaves and flowers. 1-2 teaspoons to each cup boiling water; infuse 5-10 minutes. Dose: 1 cup.

DECOCTION: ***Fruits (Berries). 1-2 heaped teaspoons to each cup water; simmer gently 2 minutes. Dose: 1/2 -1 cup.***

TABLETS/CAPSULES: ***Two 200-250mg.***

LIQUID EXTRACTS: ***8-15 drops in water.***

TINCTURE*: 1:5 in 45 per cent alcohol, dose: 15-30 drops (1-2ml).*

Popular combinations:–

With Mistletoe and Valerian (*equal parts) as a sedative for nervous heart.*

With Lily of the Valley 1; Hawthorn berries 2; for cardiac oedema.

With Lime flowers, Mistletoe and Valerian (equal parts) for high blood pressure.

With Horseradish or Cayenne, as a safe circulatory stimulant.

A strong decoction of hawthorn berries and motherwort is recommended for heart failure.1

Gradual onset of action. Low incidence of side-effects. No absolute contra-indications.

READ Decoction of Barberry Bark (Anemia and Malnutrition)

hawthorn berries for the heart

Reference(s)

1. Advanced Course in Herbology Dr. Edward Shook Copyright 1974 by George Cervilla

2. The herbal Medicine-maker's Handbook: aA Home Manual / by James Green

3. Bartram's Encyclopedia of Herbal Medicine by Thomas Bartram

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Herbs for Heart Health

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Herbs for the Heart

Astragalus Root

Bugleweed Herb

Butcher's Broom Herb

Cayenne Pepper Fruit

Cilantro Herb

Elderflower

Hawthorn Berry / Leaves

Kelp Thallus

Lily of the Valley Leaves/Flowers

Motherwort Herb

Rosemary Leaf

Parsley Root

Sarsaparilla Root

Shepherd's Purse Herb

Turmeric Root

Wild Soursop Bark/Leaves

Seamoss/Bladderwrack

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Herbs For Alzheimer's

These herbs are traditionally used for issues with the Central Nervous System (CNS), SUCH AS Alzheimer's, ADHD, depression etc.

Astragalus Root

Blessed Thistle

Blue Vervain

Bugleweed Herb

Cat's Claw

Cayenne Pepper

Elderberry

Eleuthero Root

Gotu Kola

Hops Flowers

Lemon Balm Herb

Lady's Slipper

Lobelia Flower / Seeds

Rosemary Herb

Sage Herb

Schizandra Berry

Seamoss

Skullcap

Valerian Root

Waterhyssop

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Herbs for the Prostate

These are list of herbs which are traditionally used to help with prostrate problems including enlargement, inflammation and cancer.

Saw Palmetto Berries

Stinging Nettles (Leaf and Root)

Pygeum Bark

Sarsaparilla Root

Chaparral Leaves (potent – use with care)

Ginger Root

Hydrandrea Root

Holy Basil / Tulsi Herb

Red Clover Herb

Marshmallow Root

Cleavers Herb

Uva Ursi

Juniper Berries

Gravel Root

Cayenne Pepper

Black Seed (Nigella Sativa)

Graviola (Soursop)

Schizandra Berries

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Alterative Herbs – Dr Sebi's Herb List

Alterative herbs support the proper functioning of the entire body and improve

the immune system. They are blood cleanser/purifiers – they stimulate the liver, lymphatic system and act on the liver and kidneys, helping the body to remove waste. They help to nourish, tone and strengthen the body.

List of Some of the Alterative Herbs from Dr Sebi's List

Burdock (root)

Chaparral

Chickweed

Cocolmeca (root)

Cleavers (herb)

Dandelion (root)

Holy Basil

Mullein leaf & root

Red Clover (flower)

Sarsaparilla / Smilax (root)

Stinging Nettles (other Nettles)

Yellowdock / Curlydock (root)

Additional information

Alteratives -Henriette's Herb

Alterative Herbs – Part 1: Progressive Herbalism

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Herbs For Diabetes (Dr. Sebi)

Diabetes can be described as a sugar metabolism problem. It's a health condition in which the body's ability to produce or respond to the hormone insulin is impaired, which results in abnormal metabolism of carbohydrates and elevated levels of glucose in the blood.

Dr Sebi's Herbs for Diabetes

These are a list of some herbs that are considered Dr. Sebi approved and may be used in reversing or treating diabetes.

Bilberry / Blueberry Leaves

Bitter Melon / Cerasee

Dandelion Root

Fig Leaves

Guaco

Guinea Hen Weed

Ginger Root

Huereque / Wereke

Holy Basil Herb

Hoodia Gordonii

Mango Leaves

Milk Thistle Seeds

Nopal cactus

Okra

Prodigiosa

Raspberry Leaves

Sage Herb

Seville /Sour Orange

Dr. Sebi's Herbal Formula for Diabetes

Endocrine Formula

Bromide Plus

Also see Dr Sebi's Nutritional Guide

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Herbal Formula For Colon Cleanse

Anatomy - Digestive System

I have been asked a few times about herbal formula for cleaning the bowels, and gastrointestinal tract in general. Below are a list of formula I have gathered from some of the more effective herbalists of the past and today.

The formula are listed as known, you may substitute any herb as you desire.

Dr Sebi's Chelation 2

Ingredients

Cascara sagrada (Rhamnus purshiana)

Prodigiosa (Brickellia)

Pao pereira (Geissospermum vellosii)

Rhubarb (Rheum palmatum)

***Dosage:* 2-3 Capsules in the A.M. & P.M.**

Dr Sebi's Chelation 1

Cardo Santo / Blessed Thistle

Dosage: ***2tbsp. at Bedtime***

Dr Christopher's Lower Bowel Formula

Ingredients

2 parts Cascara sagrada bark (Rhamnus purshiana)

1 part Barberry bark (Berberis vulgaris)

1 part Cayenne (Capsicum minimum)

1 part Ginger (Zingiber officinale)

1 part Golden seal root (Hydrastis canadensis)

1 part Lobelia herb and/or seeds (Lobelia inflata)

1 part Red raspberry leaves (Rubus idaeus)

1 part Turkey rhubarb root (Rheum palmatum)

1 part Fennel (Foeniculum vulgari)

Dosage: 2 capsules three times a day (1 hour before or after meals) or as directed by your Health Care Professional.

Dr Morse' GI Broom

Ingredients

Psyllium Husk Powder (Plantago)

Cascara Sagrada Bark (Rhamnus purshiana)

Plantain Leaf (Plantago major)

Slippery Elm Bark (Ulmus rubra)

Marshmallow Root (Althaea officinalis)

Fenugreek Seed (Trigonella foenum-graecum L.)

White Oak Bark (Quercus alba L.)

Irish Moss (Chondrus crispus)

Chickweed Herb (Stellaria media)

Bayberry Root (Berberis vulgaris)

Mullein Leaf (Verbascum)

Cape Aloe Leaf (Aloe ferox)

Bentonite Clay

Activated Charcoal

Ginger Root (Zingiber officinale)

Aloe Vera Leaf (Aloe vera)

Cinnamon (Cinnamomum)

Acerola Cherry Powder (Malpighia emarginata)

Dosage: Typical dosage is 2 to 6 Caps with water/juice once or twice a day. Take at least 2 hours after meals and supplementation.

Specific ratios are not given, except in the case of Dr Christopher's bowel cleanse.

Note: There are others I will be adding to the list, so please check back.

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Demulcent herbs are mucilaginous. They produce slime which protects, coats and soothe the mucous membrane. They offer protection for inflamed and irritated tissues.

Demulcents

Bladderwrack Seaweed

Burdock root

Chir Pine

Colt's Foot

Couch Grass

Fenugreek

Flax seed

Chia Seed

Chickweed

Kelp Seaweed

Licorice Root

Lungwort Leaf

Marshmallow Roots

Mullein (lungs)

Oatstraw Grain/Straw

Plantain Leaf/Seed

Psyllium Husk

Sea Moss / Irish Moss Seaweed

Soapnut

Slippery Elm Bark

Violet Leaf/Flower

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Dr Sebi Herbs for Cancer

Anamu (Gunea Hen Weed) (Root)

Burdock (Root)

Cannabis Herb

Chaparral (Leave, Flowers)

Cocolmeca (Root)

Elder (Berries)

Feverfew (Whole herb)

Graviola / Soursop (Leaves, Stem, Bark)

Milk Thistle (Seeds)

Red Clover (Flower)

Sarsaparilla (Root)

Yellowdock (Root)

Seamoss (Seaweed)

Bladderwrack (Seaweed)

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delay in seeking it because of something you have read on this website.

Dementia or Alzheimer's Remedy -Coconut water, oil and Dr. Sebi Approved Herbs

Who would have thought that something so simple would work so great. But it does and the price is cheaper than eating at McDonald's.

If you have a parent or loved one suffering from Dementia or Alzheimers, I strongly recommend giving these items to them DAILY!

Make sure it's 100% coconut water with no sugar added Also make sure the coconut oil is 100% and not processed or refined.

Use Alkaline water or Spring water with the Dr.Sebi Bromide Plus Powder You can add Agave (no sugar) and cinnamon to enhance the flavor. I sometime mix it in a green smoothie or fruit smoothie for my mom.

Hope this info helps! You can make the bromide mix with equal parts of Irish seamoss and bladderwrack powders - listed below.

Facials Using Sea Moss and Hemp Seed Oil

I would never have guessed to do this in any way, shape or form, but I saw a man on Face Book who posted of his remarkable change in his face. He was having severe acne, broken out and patched skin everywhere. After one week of using the sea moss, he had smooth and beautiful skin.

What he did was take raw sea moss and make a gel. He then applied it to his skin and allowed it to stay on his face until the itching stopped.

The itching can be intense if you have a lot of toxins in the face and skin. It will take from 10 minutes to 30 minutes. Then rinse with warm water and apply a

good moisturizer or oil or cream such as Shea butter.

I did not have any raw sea moss and my gel was all gone and so I decided to take some hemp seed oil and bromide powder (Irish Sea Moss and bladderwrack). I applied it to my face and wow you should see the difference. I had minor itching as compared to the raw sea moss and possibly because I diluted it with oil and bladdewrack.

It does have a very fishy smell, but tolerate the discomfort and see the difference. A natural botox treatment in just a few minutes in the comfort of your home.

Experimenting on My Neighbors

So my neighbor had tried my Shea Butter from Amazon I bought and she loved it so much. She asked me to bring her some more and I told her about this facial. So I put the oil and powders on her face and she complained the entire time. She hated the smell. So she rinsed her face after 10 minutes. Wow, you should see her face. She was lighter in color and a shiny look of a Queen. She lost 5 years in age for sure.

Then her daughter wanted to try this. She is very tired from her children. So we put the mask on her and it just brightened her spirits. While the facial is not cheap, it is much cheaper than any treatment you could get at a spa.

How to Make the Facial

If you want to make the facial like I did, you take 1 cup of sea moss powder and 1 cup of bladderwrack powder and mix together. This is the bromide powder you should be taking daily. Dr. Sebi suggests 4 capsules a day. But for the facial we want to start with 2 tablespoons of hemp seed oil (you can use any oil, but I wanted to try hemp as it is so good for the skin) add in 1 heaping teaspoon of the powder and mix well. Apply to the face liberally and be careful around the eyes. Allow to stay on your face until the oils dry and then rinse off with warm water.

After you rinse your face you need to put on a moisturizer. I used black seed oil. But you could apply some Zum oil (frankincense and myrrh oil) or Shea Butter. You will see an immediate difference.

How to Make the Gel

This is what the man did. He took some Irish sea moss, see the link below, and rinsed it well with water to remove the grit. He then added fresh spring water and covered it well and then allowed it to sit for up to 24 hours. The next day rinse the gel off and put it in a blender and add in around 1 cup of fresh spring water and blend well. You can add in more water as you like.

This gel preparation : This way will cause extreme itching and so be prepared.

Supplement Guide - What I have in my cabinets

I would love a list of products you use so that i can stock my house with herbs and natural foods .

I had just published a religious based video called "If I am ill, it is HE who cures me

Recently came down with the virus. Was not sure if it was the Corona Virus or a regular virus. Chances are it was not the Wuhan China virus but we have many cases in Jordan now.

But I must say it was quick acting and very tough on my immune system and my body. So I felt the need to tell people how to be well naturally with what they had in their kitchen cabinets.

Here are the things that are a must in my home.

Black Seed Oil - Perfect Press is the best.

Yemeni Sidr Honey or Yemeni Honey with Royal Jelly

Saffron

Olive Leaf

FennelSeeds

Black Seeds- Kevala

Oregano Extract - Solaray Complete

Nattomax - circulation

Vitamin D3 and C

Propoli, Bee Pollen and Royal Jelly Caps

Cayenne Capsules and Powder

Immune Assist Critical Care - All Mushrooms

EXTRA Love - Activation Products

Colloidal Silver - Panasilver is the Best

Ease Magnesium Oil

Marine Phytoplankton - Ocean's Alive

Styrian Pumpkin Seed Oil

Some herbs I choose Bulk Supplements. They are cheaper on the website than on Amazon. A lot cheaper. Free Shipping over $49

Olive Leaf

Cayenne Extract Powder

Vitamin D3

Vitamin C

My home is never without the above and no matter how poor I am I have these on stock.

SEE DR. SEBI HERBS BELOW THE TESTIMONY.

@Dr. Sebi Inspired - Mucusless Diet Center THANKYOU Dr. Sebi Inspired... You hit a very strong nerve in me today, with your video . "THE Heavenly Father" and "your video" has helped me realize that, IF I REALLY WANT TO BE HEALED, I MUST TRY HARDER TO BE HEALED!! It is up to me to work with The Most High! Am I going to hear God knocking on my door? Or am I going to continue to sit on my derriere every day and do little to help myself

MY FAVORITE DR. SEBI HERBS THAT I ALWAYS HAVE

So what herbs do I love. Now let me say I have them all in my refrigerator but some like Yellow Dock I use rarely as it is so harsh.

I must have - Bromide Plus Mixture

Keep in mind Bladderwrack and Irish Moss Sell Out regularly and so order in bulk when you can.

Bladderwrack which is used in multiple protocols

Irish Moss Powder

You can add in Burdock Powder to make the complete 102 minerals but it is not in the original recipe.

The 2nd Must have Protocol is Green Food Plus - Video

Bladderwrack

Linden flower and leaf

Nopal Powder

Nettles

My favorite detox tea is

Red Raspberry

Burdock Root

Elderberry

Black Walnut Leaf

For high in iron add in Sarsaparilla

I always buy from Best Botanicals on Amazon as they have the best quality unless Iherbs have herbs from Starwest Botanicals or Frontier as the shipping is cheaper from Iherb if you live overseas.

BUT now Jordan is charging very high custom fees. Keep in mind if your country is like Jordan, then they charge custom fees on the shipping you paid.

BUT IF YOU LIVE IN THE US THE SHIPPING IS FREE.

WHAT ELSE DO I LOVE?

I also make dandelion root and hibiscus tea. Dandelion is great for cancer treatment too as proven to kill cancer cells in 48 hours BUT REMEMBER BLACK SEED OIL KILLS THEM IN 24 HOURS.

I always buy the herbs and never the tea bags.

Similar to Morphine: The Best Natural Painkiller that Grows in Your Backyard



This Common Backyard Weed is The Most Powerful Painkiller (Similar to Morphine)

>>>See if it grows in your back yard<<<

Similar to Morphine: The Best Natural Painkiller that Grows in Your Backyard

From injury to disease, pain is a very common ailment or symptom that can take down the toughest of the tough. It's so prevalent that we are seeing a major epidemic with opiate dependency. Unfortunately, with so many needing to find relief, it's leading to a large portion of our population becoming dependent on a chemical bandage, often just masking the problem, rather than fixing the cause.

Unfortunately, it's getting so widespread that the medical field view many of those in real need as "seekers". So, instead of getting relief from tangible pain, people are being turned away. As a result, they are finding it illegally, and pain

clinics and rehabs are popping up all over, trying to combat the addiction.

Wild Lettuce as a Healthy Alternative

wild lettuce opium

Wild Lettuce (Photo Source)



***Lactuca Virosa is** the scientific term for it, and many people have used it in place of addictive prescription pain medicine. It's a leafy and tall plant, with small yellow buds, and could be grown right out your door. More commonly found in North America and England, it's a cousin to the lettuce we typically see at the grocery store. It's also referred to as bitter lettuce, or more appropriately for the purpose discussed here, opium lettuce.*

The reason it's referred to as opium lettuce, is due to the pain relieving and sedative effects that it has been known to produce through a white substance found in the stem and leaves.

lettuce-opium-sticky-extract-of-wild-lettuce

(



This milky substance is called lactucarium. And, while it doesn't contain any opiates, it has similar side effects when used – it acts directly on the central nervous system (CNS) to lessen the feeling of pain, just like morphine.

Even though it seems to be the best kept secret, it has a history of being used as an alternative to pain relief.

Related: How To Make Pemmican, The Ultimate Survival Food (Video Tutorial)

Historical Use

in the 19th century, wild lettuce was already being used by some as a substitute to opium. But, it was in the 70's that it started to gain significant popularity by those wanting a more natural remedy. Individuals were starting to use it for both pain relief, as well as recreational purpose.

In the earlier days, people using wild lettuce prepared it a couple different ways. One way was to cook the plant in a pan of water and sugar mix, until it reduced to a thick syrup-like consistency. While this was an effective form, it was quite bitter even with the sugar added. The most common form however, was drying the stem and leaves to use as an herbal tea.

The tea remains popular today. But, it's also being dried for smoking, or vaporizing. If you don't care to grow it yourself, it can also be purchased as a dried herb, extract, or resin substance.

Other Benefits

Here are the more popular reasons people are gravitating towards this natural pain killer and medicinal plant:WL banner check

Migraines – People who use it for this purpose claim that they experience fewer migraines than they did prior to starting the herb.

Insomnia – A frequent use of wild lettuce is by people who have trouble sleeping. It produces a relaxed and euphoric feeling, helping a person fall asleep easier, without the addictive qualities of commonly prescribed sleeping aids.

Anxiety – Wild lettuce can act as a mild sedative, allowing people with anxiety to find a reprieve from the stress it causes.

Asthma and Cough – Wild lettuce has antitussive properties, which alleviates or suppresses a cough. Also, asthmatic patients who have used opiates notice more episodes if they go through opiate withdrawal. So, the use of wild lettuce instead of prescription opiates, could be a better option for them.

In addition to the above benefits, wild lettuce produces a euphoric state, similar to opiates, even though it does not contain any actual opiate… so it's perfectly legal.

You can purchase seeds here.